

# FAB Topic

## Fun, Advocacy, and Brainpower



May FAB Topic

Aging

## Agenda



## Introductions:



## Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



## Fun Games



- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



## Games

### Games on Aging



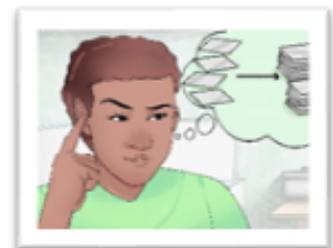
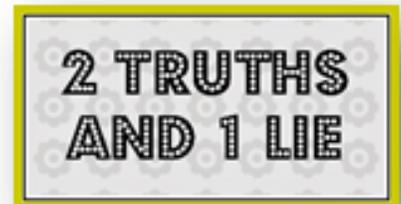
### Icebreaker

Players tell two truths and one lie about themselves (in any order). The object of the game is for everyone else to determine which statement is actually the false one.

#### Instructions for Two Truths and a Lie

Instruct each player to think of three statements about themselves. Two must be true statements, and one must be false. The more unique or interesting the statement, the better!

Thus, it's recommended to avoid common statements like "I like ice cream," as most people could say this and it would not be as interesting as something much more unusual like "I enjoy eating bugs."



To play a round, each person shares the three statements (in any order) to the group.

The goal of the icebreaker game is to determine which statement is false.

The group votes on which one they feel is a lie, and at the end of each round, the person reveals which one was the lie.



### Game #1:

#### Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  \_\_\_\_\_

2. Find a letter that is in  but not in  \_\_\_\_\_

3. Find a letter that is in  but not in  \_\_\_\_\_

4. Find the letter that is in  but not in  \_\_\_\_\_

5. Find a letter that is in  but not in  \_\_\_\_\_

Write your letters again here to spell a happy word: \_\_\_\_\_

Try to make your own riddle like the one above for *cat*, *dog*, *sun*, or *fish*.

## Game #2:

In this game you must figure out the words we are looking for from the definitions on both sides of the magic boxes.

- The words on each side will be similar; the only difference being one letter.
- Put that one left-over letter in the box in the middle and see what famous MARVEL group you come up with.



<h1>ANYONE FOR LEFT-OVERS?</h1> <p>FIGURE OUT THE WORDS WE ARE LOOKING FOR FROM THE DEFINITIONS ON BOTH SIDES OF THE MAGIC BOXES.</p> <p>THE WORDS ON EACH SIDE WILL BE SIMILAR — THE ONLY DIFFERENCE BEING ONE LETTER. PUT THAT ONE LEFT-OVER LETTER IN THE BOX (BETWEEN THE DEFINITIONS) AND SEE WHAT FAMOUS MARVEL GROUP YOU COME UP WITH.</p>		
1. TO RECOVER SOMETHING THAT WAS LOST _____		SLANG FOR A "FIVE DOLLAR BILL" _____
2. SOMETHING YOU DO WITH A MARVEL COMIC BOOK _____		A CAR HAS ONE TO HELP COOL THE ENGINE (ABBREV.) _____
3. POSSESSIVE FORM OF "WE" _____		COMES AFTER NUMBER THREE _____
4. TO BE AFRAID OF, DREAD _____		A LONG DISTANCE IN TIME OR SPACE _____
5. SLANG FOR A DIAMOND _____		KIND, THOUGHTFUL, CONSIDERATE _____
6. COMPLETED, ENDED _____		A SINGLE UNIT OR THING _____
7. CLOSE ATTENTION; TO LIKE _____		AUTOMOTIVE TRANSPORTATION _____
8. THE COMPLETION OF A STORY _____		TO TEAR, PULL APART, RIP UP _____
9. TO TRAVEL BY WATER _____		TO BE FEELING PAIN' BE ILL _____



## **Brainpower – Information and resources to empower SA members to be Self-Advocates**

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



**This link is about Aging and Down Syndrome.**

<https://www.ndss.org/wp-content/uploads/2017/11/Aging-and-Down-Syndrome.pdf>



**This link is about growing older at home.**

<https://www.nia.nih.gov/health/aging-place-growing-older-home>



**This link is about Intellectual Disabilities through the years; an overview of various types of ID and experiences.**

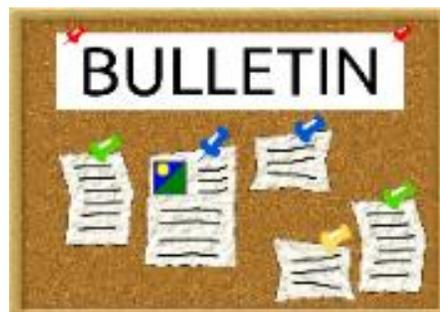
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**This link talks about telehealth**



<https://telehealth.hhs.gov/patients/understanding-telehealth/>

## **Virtual Board**



# Cooking Ideas and Exercise



## May Recipes



## Matzo Ball Soup

### Ingredients

2 eggs



2 tbsp vegetable oil



10 cups water



Carrots



Matzo Ball & Soup Mix



# Instructions

## Steps

- Crack eggs into bowl.



- Beat eggs.



- Measure oil.



- Add oil to eggs.



- Add matzo mix to bowl.



- Mix eggs, oil, and matzo mix.



- Chill in fridge for 15 minutes.



- Pour water into pot.



- **Add soup mix to pot.**



- **Bring to a boil.**



- **Remove matzo ball mix from fridge.**



- **Put a small amount of oil on hands.**



- **Form mix into balls, about 1 inch meatballs.**



- **Wash and peel carrots.**



- **Chop carrots into coin size pieces.**



- **Add carrots to pot.**



- **Drop matzo balls into pot.**



- Cover pot with lid.

Simmer about 20 minutes.



- Serve soup in bowls.



Enjoy!

## Tofu Stir Fry



You will need:



OR

1 T canola or rice bran oil



Soyco Japanese Teriyaki tofu x2



10 to 12 snow peas



1-2 T soy or Tamari sauce



1 large carrot



1/2 cup broccoli tops



1 small red capsicum



1/2 tsp Chinese five spice



1x Slendier Noodles



1 bunch bok choy

# Tools:



wok or frypan



hot plate



chopping board



measuring spoons



large spoon  
or spatula



peeler



chef or paring  
knife



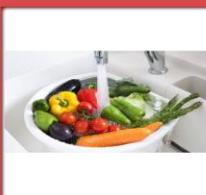
heatproof  
bowls



colander

# steps

1



Wash all vegetables



Get chopping board



Use chopping knife



Trim snow peas

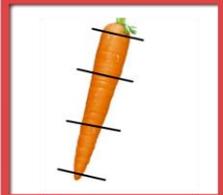


Cut snow peas into 3-4 cm pieces

2



Peel carrot



Cut as per black lines, remove both ends



Cut each piece in half, then put flat side down on board



Slice into thin flats



Slice each flat into thin match sticks

3



Cut 1 curve of capsicum as per dotted line



Slice around the core



until all sides are off



Remove seeds, stem, and white membrane



Cut into strips

4



Cut end off bok choy



Wash away any dirt in leaves



Cut into 4-5 cm pieces

5



**Cut broccoli top into florets**

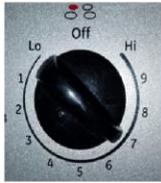


**Remove bad bits (shown by red arrows)**



**Store leftovers in the fridge**

6



**Turn stove top to medium-high heat**



**Caution hot**



**Place wok on stove top**



**Measure 2 teaspoon oil**



**Heat for 1 minute**

7



**Add broccoli into wok on med-high heat**



**Add chopped carrot and capsicum**



**Add 1/2 teaspoon Chinese five spice**



**Cook & stir for 3 mins**



**If sticking to pan, add 1 tablespoon water**

8



Add chopped snow peas into wok



Add chopped bok choy



Stir well



cook for 4 minutes



If sticking to pan, add 1 tablespoon water

9



Meanwhile, get scissors



Open tofu packets



Cut pieces in half or smaller if desired

10



Use scissors



Cut open Slender noodles bag



Place noodles in colander



Rinse well under water for 1 minute



Put aside in empty sink to strain

11



Add tofu to wok



Add 1-2 tablespoons soy sauce



Add rinsed noodles



Cook and stir for 3 mins



Turn off stove and serve into 2 bowls

# Exercises

## Exercises for People in Wheelchairs



### Arm Raises

**Arm raises help to strengthen the shoulders, biceps and triceps.**

- **For the front arm raise**, stretch out your hands in front of you with the palms facing each other.
- Hold a lightweight ball, in between the palms, and slowly raise the arms to the shoulder level.
- Maintain that position for **2-3 seconds** before slowly lowering the arms. Perform this exercise about 10-15 times.



**For the side arm raise,** place your feet firmly on the floor, about shoulder wide.

- Take a 1 lb. or 2 lb. weight in each hand with the palm facing inwards.
- Lift them up to shoulder height and maintain the position for about 2 seconds.
- Inhale and lower the arms back to the original position.
- Relax for about 30 seconds and repeat about 10-15 times daily.



<https://www.youtube.com/watch?v=ypk6FwMxHnI>